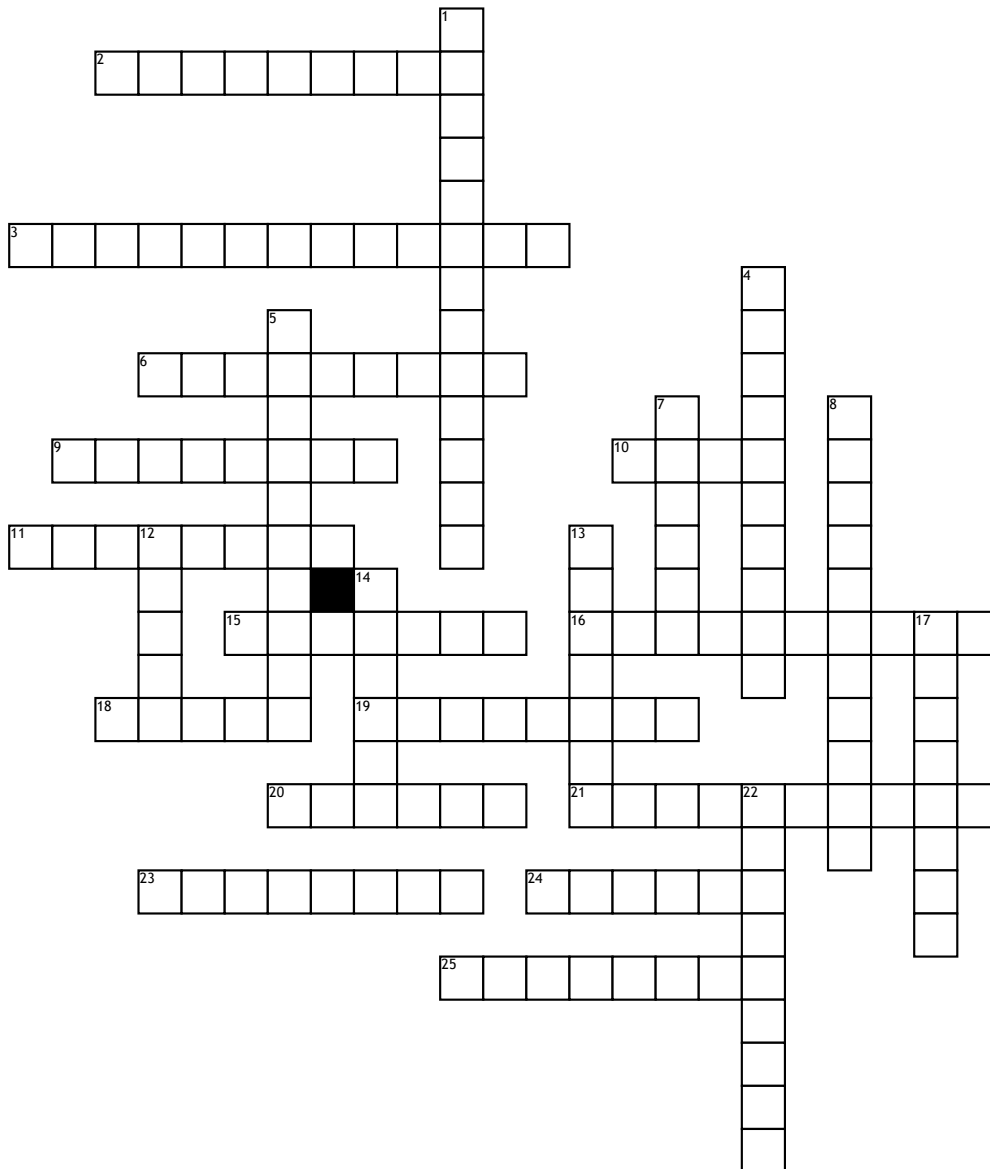


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Stress Monster



## Across

- 2. A type of journal that has been linked to stress relief
- 3. Fight-or-flight is a \_\_\_\_\_ response to stress.
- 6. Stress slows this down
- 9. Teens believe their stress will \_\_\_\_\_ in the coming year
- 10. One stress style is frozen by \_\_\_\_\_.
- 11. Experiencing daily stress takes a toll on your \_\_\_\_\_ health
- 15. visualization can help end the \_\_\_\_\_ cycle of stress
- 16. \_\_\_\_\_ stress isn't good for your health

- 18. Stress starts here
- 19. Some 'usual stressors' of teens are \_\_\_\_\_, friends, and overall pressure to succeed
- 20. Having some stress is totally \_\_\_\_\_.
- 21. Stress changes the acid \_\_\_\_\_ in your stomach
- 23. Me \_\_\_\_\_ out? Nah!
- 24. relieve stress by spending 15 minutes here
- 25. One stress style is the \_\_\_\_\_.

## Down

- 1. One stress style is the \_\_\_\_\_.

- 4. feel-good chemicals in the brain
- 5. one way to manage stress
- 7. Experiencing daily stress takes a toll on your \_\_\_\_\_ health
- 8. This can make you more anxious
- 12. 77% of teens say they're \_\_\_\_\_ stressed
- 13. Your \_\_\_\_\_ system is where your stress comes from
- 14. Adolescents' stress levels are \_\_\_\_\_ than ever before.
- 17. Stress can make you sharper & \_\_\_\_\_.
- 22. Stress can also make you more \_\_\_\_\_.